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NEWS WORTH SHARING.

Murray sticks with it

Sens' GM holds onto Condra. PAGE 7

Switch glitch mars O-Train launch

A new Alstom O-Train rolls into Carleton University station, but some passengers were delayed by nearly 50 minutes on Monday, the first day of service for the trains. LUCY SCHOLEY/METRO

Transit. Passengers late, but officials promise 10-minute waits when train runs properly

LUCY SCHOLEY
lucy.scholey@metronews.ca

Coun. Stephen Blais spent a chunk of Monday morning at the Greenboro O-Train station apologizing to passengers for service delays.

The transit commission chairman was among those waiting to board one of six new trains that officially launched from Greenboro to Bayview. Although the O-Train Trillium Line Expansion project promised reduced wait times, a signal switch problem Monday morning had some passengers standing around for 50 minutes waiting to test the new rail rides.

"I apologize to everyone who experienced delays this morning," Blais told reporters after getting off the train at Carleton University.

The O-Train Trillium Line Expansion, which cost a total of $60.3 million, includes six new trains with bigger windows that can seat 260 people, plus two new passing tracks near Gladstone and Brookfield and signal system upgrades. When things run properly, wait times will be roughly 10 to 12 minutes in the implementation stage. They will eventually be reduced to eight to 10 minutes.

According to Troy Charter, assistant general manager for transit operations, the cause of the delay was a mechanical malfunction of the switch at the south end of the passing track at Carleton Station.

"Upon any malfunction of a switch, all signals go to stop so that the trains do not operate unsafely," he said in an email sent by the city's corporate communications department.

Although OC Transpo will not replace the switches until later this year, the train delays will not be a daily occurrence, Blais said. He's said he is confident the six new Alstom Coradia LINT trains will provide "very good service" to Ottawa South residents and Carleton University students. OC Transpo sent out route 107 buses for stranded passengers to use instead.

A federal government employee, who did not want to be named, said he was frustrated by his roughly hour-long wait at Carleton University.

"They rushed it, is what they did. They rushed the first day," he said. "And had they taken their time, maybe they would have actually given the result they obviously have invested money trying to get to."

OC Transpo general manager John Manconi said everything ran smoothly over the weekend and earlier that morning.

"Up until then, service was very good and we heard lots of positive comments," he said. "Can we do better? Absolutely."

First-year Carleton University student Mia Osadebamwen gave a glowing review of the new train.

"If you miss it, you're just going to have to wait 10 minutes, so that's pretty cool," she said.

Quoted

"Can we do better? Absolutely." OC Transpo GM John Manconi

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Lest we forget

Funeral this Saturday for D-Day veteran Ernest Cote

A funeral will be held in Ottawa on Saturday for a celebrated D-Day veteran, diplomat and home-invasion survivor who is being remembered for a life full of adventure and accomplishment.

Ernest Cote died of natural causes Wednesday at age 101.

Cote's funeral will be held at the Notre-Dame Cathedral in Ottawa on March 7.

His family is asking donations to be sent to the Montfort Hospital, where Cote died.

THE CANADIAN PRESS

Arson

School fire causes $10K in damages

Someone who set fire to toilet paper at Sir Guy Carleton Secondary School caused close to $10,000 in damage to a boys washroom, fire officials say.

The fire at the school at 55 Centrepointe Dr. started at around 2:45 p.m. but was quickly extinguished by firefighters by 3 p.m.

The school had to be evacuated. No injuries were reported.

Kemp said that because the fire appeared to be deliberately set, the Ottawa Police Arson Unit was called in to investigate.

The Arson Unit and a spokeswoman for the Ottawa District School Board could not be reached for comment on Tuesday evening. JOE LOFARO/METRO

Queen's Park. Tory's sex-ed claims 'disgusting': Minister

A Tory MP's suggestions that Ontario's updated sex-education curriculum was drafted by a man charged with child pornography and puts children at risk are "disgusting," the province's education minister said Monday.

Conservative MP Cheryl Gallant criticized the curriculum in Parliament last week, repeating claims that Benjamin Levin, a former deputy minister of education who is facing seven child-pornography-related charges, may have had a hand in developing the document.

"The curriculum was written by someone charged with two counts of distribution of child pornography ... and arranging for a sexual offence against a child under 16," Gallant said last Thursday.

"If withdrawal of this Liberal policy can prevent one child from being groomed for exploitation, it really must be withdrawn."

Education Minister Liz Sandals fired back on Monday.

"The claims she is making are absolutely outrageous and quite frankly disgusting," Sandals told reporters.

"How could anybody be so badly informed about the real world?"

The first revisions to the province's sex-ed curriculum since 1998 were released last week, immediately drawing fire from some parents and religious groups concerned that concepts such as masturbation and same-sex relationships were being introduced to kids who were too young.

THE CANADIAN PRESS

Conservative MP Cheryl Gallant, photographed in 2003. JONATHAN HAYWARD/THE CANADIAN PRESS

Ottawa's Roar of the Rings

Curling. Tournament to bring $20 million in economic spinoffs

LUCY SCHOLEY
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Another major curling event is sweeping into Ottawa.

The 2017 Tim Hortons Roar of the Rings, the qualifying tournament for the Olympic Games, will draw the country's top curlers to the Canadian Tire Centre from Dec. 2-10, Curling Canada announced on Monday.

With the tournament falling on the heels of the 2016 Tim Hortons Brier at TD Place, Ottawa will be the country's curling capital over the next two years.

The City of Ottawa submitted the bid with the Ottawa Senators, the province, Ottawa Tourism and the Ottawa Valley Curling Association.

Al Cameron, Curling Canada's director of communications, said the capital city submitted an "amazing proposal" that will help build the sport in the area and across the country.

Will curling fans tire out from all the hurrying hard to Ottawa?

"I would never call the Tim Hortons Brier a building block. I think the two events complement each other," he said.

According to Coun. Jody Mitic, the city's sports commissioner, the Roar of the Rings will create about $20 million of economic spinoffs for the city. It's also the first time the Canadian Tire Centre is hosting a curling event of this calibre.

Apart from the Ultimate Fighting Championship, Mitic said he fields more requests for curling events than any other sport.

"People would love to see more curling in town, and I've even had young children come up to me at events and ask me, 'What are you doing for curling?'" he said.

Curling Canada also announced on Tuesday that Summerside, P.E.I., will be the host of the Road to the Roar Pre-Trials from Nov. 6-12.

Skip Jennifer Jones yells to her sweepers during the women's final against Sherry Middaugh at the 2013 Roar of the Rings Canadian Olympic Curling Trials in Winnipeg. JOHN WOODS/THE CANADIAN PRESS

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Crime. Five charged in drug investigations

Ottawa police were busy in Vanier Friday with two separate investigations that resulted in drug charges against five people.

In one case, police say they conducted a traffic stop near the intersection of Hannah and Montfort streets where an individual was arrested for breaching a release condition.

Police seized more than 26 grams of crack cocaine and marijuana with a combined street value of about $3,758. Police also seized $2,545 in cash and a 2008 Honda Civic.

Police charged Jesse Larocque, 22, with three drug-related charges and two counts of breach of an undertaking. He is scheduled to appear in court on Wednesday.

Just a short drive down the Vanier Parkway, police executed a drug warrant in the 200 block of Donald Street following a month-long investigation over resident complaints about drug trafficking in an Ottawa Community Housing unit.

In that case, police seized 3.7 grams of crack cocaine and 11.75 grams of marijuana, which had a combined street value of about $487, as well as $1,915 in cash.

Police charged Omar Abukar, 22, Alex Karemera, 23, Ismail Muse, 24, and Vanessa Diaz, 20, with two counts of possession for the purpose of trafficking and possession of proceeds of crime under $5,000.

The three men and one woman were released on a promise to appear with undertakings and are scheduled to appear in court on March 25.

JOE LOFARO/METRO

Forms. Privacy breach for welfare recipients

Hundreds of Ontario social assistance recipients have had their tax forms with private information, including social security numbers, sent to the wrong places last month.

The error means 720 people's T5 tax forms — which report social assistance income — were sent to their former trustees, the Community and Social Services Ministry said in a statement.

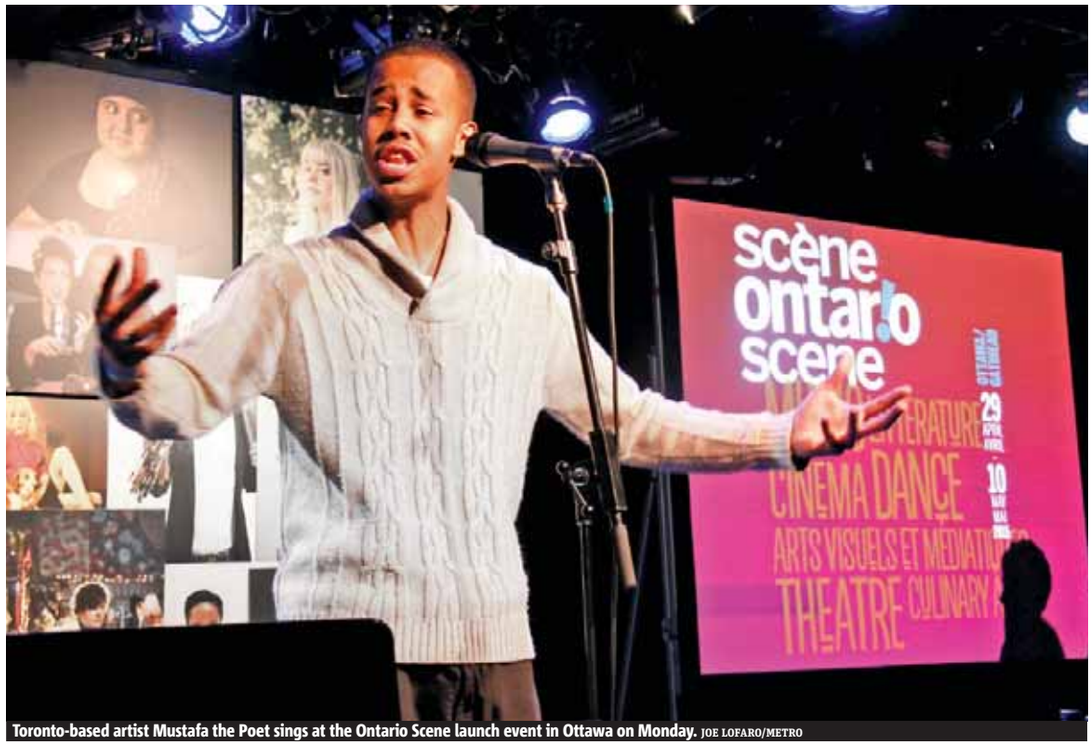
The problem affected 0.1 per cent of people who are receiving social assistance T5s. The ministry said it has informed the Information and Privacy Commissioner and has sent letters to those affected by the T5 problem as well as the former trustees, requesting they return the T5s sent to them in error.

Another error

- SAMS erroneously queued up $20 million in welfare and disability support overpayments in December.
- The Ontario Public Service Employees Union and the opposition parties say others who depend on social assistance got far less than normal or didn't get any payment at all.

The mishap occurred when the T5 system pulled old data from the $240-million Social Assistance Management System (SAMS), the ministry said.

THE CANADIAN PRESS



Toronto-based artist Mustafa the Poet sings at the Ontario Scene launch event in Ottawa on Monday. JOE LOFARO/METRO

Scene and heard

NAC. Ontario Scene series an artistic platform that 'fuels the work,' says teen poet

The National Arts Centre is about to give more than 600 artists across the province a major platform for their work with the launch of Ontario Scene this spring.

From April 29 to May 10, the NAC will host 90 events at more than 30 venues in Ottawa-Gatineau featuring all that Ontario has to offer in music, dance, theatre, film, literacy and visual media.

For Toronto-based artist Mustafa the Poet, it's a much-needed platform for young artists like himself.

"Being able to gather so many artists together for a festival is first of all inspiring. It fuels the work," said the young talent, whose actual name is Mustafa Ahmed. "We need more platforms to share with the audience and we can start something here, so our famous musicians will stop running to America and Europe."

At the Ontario Scene announcement in Ottawa, Ahmed had the crowd hum a tune as he belted out verses like, "I want to run on the horizon's tightrope, and in the fear of the rope possibly not existing, give me the strength to soar."

He's already soared onto the stage with notable Canadians Nelly Furtado and Margaret Atwood and is working on a new album. He was chosen as poet laureate for the 2015 Toronto Pan Am Games in July.

He said he draws inspiration from songwriters like Billie Holiday, poet Langston Hughes, and Juno Award-winning jazz singer Molly Johnson, who also performed on Monday.

Ontario Scene is the seventh such instalment by the NAC after it launched the series in 2003 across other regions in Canada.

The NAC is partnering with the Ontario Lottery and Gaming Corporation to put on the event, which also received $600,000 from the Department of Canadian Heritage.

Other artists coming to Ottawa for Ontario Scene include rapper Shad, Ottawa's Daniel Lanois and Jesse Stewart, and Governor General's Award winner Jordan Tannahil.

For more information, visit ontarioscene.ca. JOE LOFARO/METRO

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Blues in the Schools musicians Doug Gouthro and Todd Snelgrove perform at Fisher Park school Monday. TREVOR GREENWAY/METRO

Fisher Park Public School gets the blues

School of rock. Artists from Ottawa Bluesfest to tour and teach at 20 different schools

TREVOR GREENWAY
trevor.greenway@metronews.ca

Five hundred students at Fisher Park Public School got a raucous lesson in rock 'n' roll Monday.

Musicians from the Ottawa Bluesfest Blues in the Schools program hit Fisher Park on Monday afternoon, jamming out to everything from a high-energy version of Amazing Grace to more current Green Day songs.

For musicians Doug Gouthro and Todd Snelgrove, the Blues in the Schools program isn't just a way for them to teach the craft to the young and curious but also a way for them to feel a bit of fame.

"If I was on the stage sitting next to Bob Dylan, the kids would clap just as much for me as they would Bob Dylan. The kids line up to get autographs and everything," said Snelgrove.

The two once accidentally incited a (near) riot at one of the elementary schools while jamming on a Green Day song last year. The students were up and singing along, then it got crazy and all hell broke loose.

"The kids all just stood up and rushed the stage, and the teachers went ballistic," said Gouthro. "We felt like Green Day that day."

But aside from giving the students a good show, the Blues in the Schools program pairs elite musicians with kids to teach them about the fundamentals of playing live music.

"It's amazing beyond words," said Grade 8 music teacher Lori Sops. "A lot of these kids don't have much of an opportunity to see live music. Whenever a kid sees that kind of mastery, they just watch in awe."

Sops and Grade 7 music teacher Andrew Thomas said many of the students instantly get involved in music after the Blues in the Schools program sweeps through their auditorium; a group of students even formed a band last year.

"The blues are so many things," added Thomas, who runs students through the history of blues music to show how some of today's most popular music has been influenced by 19th-century blues. "The blues is a scale, it's a lifestyle, it's everything."

The Blues in the Schools program will hit 20 different schools over the next two weeks and will include performances, interactive workshops and a final concert. Students will also have an opportunity to play at Ottawa Bluesfest in July.

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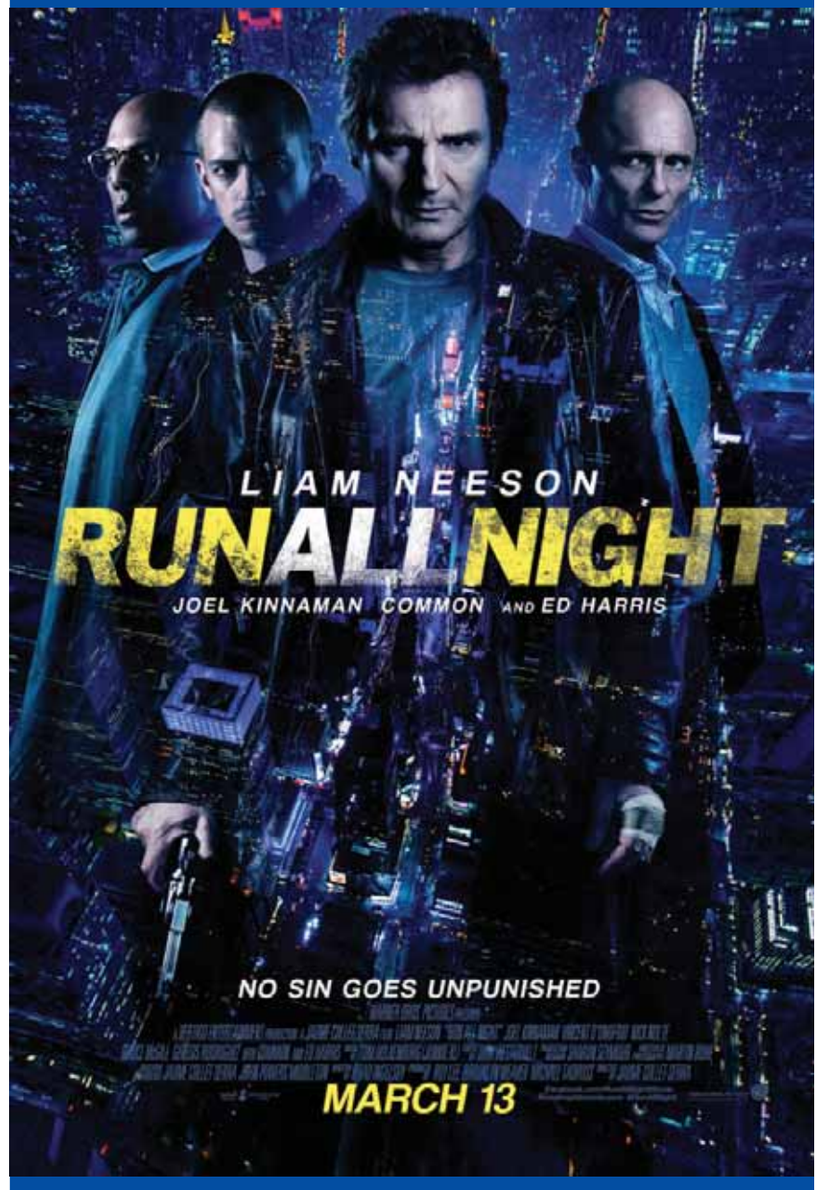

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Wilfred Laurier, meet Spock

It turns out there's not a lot of logic in the belief that it's against the law to Vulcanize Wilfrid Laurier's likeness on the $5 bill. The death of Leonard Nimoy last week inspired people to post photos on social media of marked-up banknotes transformed to resemble Spock. The Bank of Canada said Monday it's not illegal to deface or even mutilate banknotes, although there are laws that prohibit reproducing both sides of a current bill electronically. Nonetheless, bank spokeswoman Josianne Menard said in an email, "The Bank of Canada feels that writing and markings on bank notes are inappropriate as they are a symbol of our country and a source of national pride."

THE CANADIAN PRESS/HANDOUT

Climate change should be a priority in budget: Councillor

Cost. Taking action pricey, but not as costly as doing nothing, warns David Chernushenko

JOE LOFARO
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Doing something about climate change is not a priority in the 2015 draft budget, but it ought to be because it is the most "urgent, pressing and potentially expensive challenge facing the human population on the planet," says Coun. David Chernushenko.

The Capital Ward councillor, who is also chair of the city's environment committee, said prioritizing funds for climate change initiatives, such as taking more cars off the road and converting to energy-efficient lighting, could potentially be pricey for Ottawa, but nowhere near the costs of doing nothing.

Chernushenko said it's a challenge to convince city council it is a priority.

"In the case of Ottawa, we're all sort of chuckling right now saying, 'Climate change ha-ha-ha, look how cold it is.' Well, guess what? That's climate change," he said.

"Western North America is suffering from unusually hot temperatures and severe drought and the middle to eastern North America has been under a deep freeze."

In May 2014, city council adopted a climate change plan with five action items that were to be considered in the 2015 draft budget.

In a recent newsletter, Ecology Ottawa executive director Graham Saul calls on the public to contact their councillor to make some noise about climate change ahead of more budget talks. He said it appears only one of those items, relating to the city's forest management strategy, is included in the draft budget.

City staff wrote in an email to Metro on Monday the forest management strategy is already being funded by the 2014 budget. "No new additional money required," the email read.

In addition to the budget, city council must also consider where to direct $37.4 million to fund strategic initiatives for the 2015-18 term.

"Right now at city hall there's this big battle going about whose priorities are going to be funded with that $37 million," said Saul, who would like to see the remaining four items in the climate change action plan receive funding.

Chernushenko agrees some of the funding should go to climate change actions and said he will push for the ones that have the greatest bang for the buck.

At a glance

The five action items in the city's climate plan:

1. Convert Ottawa's street lighting system to LED by 2020.
2. Work with the Ontario Power Authority (OPA), Electrical Safety Authority, Energy Ottawa and/or others to ensure FIT installations at city facilities can be used as a backup energy supply.
3. Implement Vehicle Telematics for Municipal Fleet.
4. Identify and prioritize land for protection, acquisition and naturalization, taking climate change into consideration.
5. Complete the Forest Management Strategy that identifies ways to increase tree cover and maintain the health of this city asset.

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CCHL. Neil Doef makes surprise visit at final Smiths Falls home game

It was a visit home for Neil Doef that spurred the Smiths Falls Junior A Bears to a 4-2 win over the Kemptville 73's Friday during their fan-appreciation night and final home game of their Central Canada Hockey League (CCHL) season.

"We knew he was coming, but the guys didn't," said Walt Dubas, the team's assistant coach. "He certainly lifted the spirits in the dressing room before the game."

It was Doef's first trip home since a spinal cord injury in a game in Saskatchewan on Dec. 14. He's been undergoing extensive rehab in an Ottawa hospital since Christmas Eve, and has regained some muscle strength in his legs.

Doef spent the game watching from the press box, then joined the team afterward before returning that night to hospital.

"He was with the guys after the game as they met with their fans," Dubas said. "They really enjoyed it and Neil did, too."

It was a fast-paced game in the Bears' Den on Friday, and they dug deep and picked up a much-needed pair of points against Kemptville, but it still wasn't enough to stave off the CCHL elimination round.

With just one game left in their season, the Bears are fighting for the best finish they can as they play Brockville Friday in their last game.

With the top six teams already solidified, the No. 7, 8 and 9 spots won't be decided until Friday's final game across the league.

Best-case scenario, the Bears will finish seventh and have home-ice advantage against Nepean in a three-game series that will go March 8, 9 and 10.

They will have to wait it out though, because Kemptville and Gloucester are currently tied with Smiths Falls with 63 points.

Michael Pinios stood on his head for the Bears to record the 4-2 win Friday that saw him turn away 27 of 29 shots.

LAURIE WEIR/METROLAND NEWS SERVICE

Neil Doef, centre, seated, poses for a photo with his team, the Smiths Falls Bears, following a 4-2 victory over the Kemptville 73's. METROLAND NEWS SERVICE

Senators GM stands pat at NHL trade deadline

Hockey. Bryan Murray says offers for Condra weren't good enough to give up team leader as Ottawa begins to show signs of improvement

Senators GM Bryan Murray speaks with media about his decision not to make any trades ahead of the deadline. TREVOR GREENWAY/METRO

Bryan Murray has never been afraid to make a move at the trade deadline, but for the first time since taking over as general manager of the Ottawa Senators, he felt it was best to do nothing.

Three weeks ago, the Senators appeared to be in a free-fall as they sat 14 points out of the final wild-card spot in the Eastern Conference. But after going 7-1-1 in their last nine games, Ottawa is seven points out with two games in hand on the Boston Bruins, who hold the final spot.

"I had quite a number of phone calls and we did attempt to do one or two minor things," said Murray. "We've got a real young group, for the most part — I'm very happy now that we see development in a lot of the younger guys. Our team's getting better. We feel that way. There were a couple inquiries on a couple of players, but they weren't the people I wanted to move."

The Senators had been hoping to unload some contracts and move a defenceman, but Murray was unable to complete any kind of transaction.

Ideally Murray would have liked to unload Colin Greening's contract, but with two years and $5.2 million US remaining, no one was interested in picking up the 28-year-old forward.

With eight defencemen under contract, it was believed Murray was looking to move Patrick Wiercioch or Eric Gryba. The 36-year-old Chris Phillips had also been mentioned, but with a 10-team no-trade list and one year remaining on his $2.5-million contract, it was unlikely. Also, Phillips has told Murray he would prefer staying in Ottawa.

"I did talk about one (defenceman)," said Murray. "I thought we had something going; at the very end the other team couldn't get it done on their part."

Erik Condra, who is a pending unrestricted free agent, was often mentioned leading up to the trade deadline, but has played a significant role during the team's five-game winning streak and is well-liked by coach Dave Cameron and his teammates.

Murray said he did get calls regarding Condra, but wasn't comfortable moving him at this point of the season. A decision on Condra's future with the organization will be made over the course of the summer.

"I think he brings enough to the table that it would be unfair for me to take away from our dressing room at this time of year," said Murray. "A guy that has that kind of character in the room and that kind of leadership in the room."

THE CANADIAN PRESS

Quoted

"There were a couple inquiries on a couple of players, but they weren't the people I wanted to move."

Ottawa Senators general manager Bryan Murray

For more on the trade deadline, see Sports page 17.

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Human-rights shrine bans selfie-stick use

Self-portraits. The Canadian Museum for Human Rights says the ban will ensure the safety of the museum's visitors and its exhibits

Chris White-Ferrell takes a selfie using a selfie stick outside the Canadian Museum for Human Rights on Monday afternoon. The museum has banned the use of selfie sticks inside the building. SHANE GIBSON/METRO

The Canadian Museum for Human Rights in Winnipeg is joining renowned museums around the world in banning the use of selfie sticks.

The sticks are the extendable poles that hold a camera or smartphone beyond arm's length to help take group photographs or pictures of one's self.

Maureen Fitzhenry, a museum spokeswoman, says one of the main reasons for the ban is the safety of museum visitors and exhibits.

Fitzhenry says the facility is also concerned about the devices posing an obstacle to other visitors and in maintaining a respectful environment, given the content of some of the exhibits.

Selfies are still allowed, but the museum encourages visitors to keep to handheld, flash-free photography and doesn't allow the use of camera tripods.

Fitzhenry says the museum hasn't had any trouble with people using the sticks so far.

In February, the Metropolitan Museum of Art in New York barred visitors from using the devices, fearing they could damage artworks and disrupt fellow patrons.

The Met's decision followed a string of U.S. institutions outlawing selfie sticks, including New York's Museum of Modern Art, the National Gallery of Art in Washington and the Museum of Fine Arts in Houston.

The National Gallery in central London disallows them as well.

THE CANADIAN PRESS

Toronto tunnel. Mystery 'hangout' no threat: Police

A mystery tunnel discovered near a Pan Am Games venue in north Toronto was built by two men who wanted a place to "hang out," police said Monday.

The pair, who were tracked down thanks to tips from the public, told investigators they built the tunnel for "personal reasons" and their explanation has been verified, Const. Victor Kwong said.

Kwong said police have determined there was never any criminal intent or danger to public safety, and no charges will be laid.

"It literally was these two guys who had an idea to create a place to themselves to hang out in," he said.

"You think about a kid making a fort, digging a hole — add 15 years to that," he said.

The men had "no idea" they weren't allowed to dig in a public park and were apologetic during their interview with police, he said.

A Toronto police photo of the tunnel found near one of the venues for this year's Pan Am games. COURTESY TORONTO POLICE/THE CANADIAN PRESS

Toronto bylaw enforcement said digging on city land would be considered trespassing, which is enforced by police.

Police are not releasing the men's names or any further details since the case is not a criminal investigation, but Kwong said there is no connection to York University, which is near the tunnel site, or the Pan Am Games. THE CANADIAN PRESS

Thailand

Quebec sisters likely poisoned by pesticide: Coroner

A Quebec coroner has concluded that two sisters found dead in their hotel room in Thailand in 2012 were probably intoxicated by phosphine, a strong pesticide. The same pesticide was also believed to have been responsible for the recent deaths of two children in northern Alberta. THE CANADIAN PRESS

University of Alberta

President aware of anti-abortion display concerns

The president of the University of Alberta is aware of concerns over an upcoming anti-abortion display but says the school supports freedom of expression. In a statement posted online, Indira Samarasekera says Go-Life is a registered student group on campus and has followed university policies. THE CANADIAN PRESS

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Climate change a factor in Syria chaos

Record drought.
Damaging dry spell forced farmers to move to poverty-stricken cities

The extreme drought that wreaked havoc on Syria between 2006 and 2010 was exacerbated by climate change, and that drought may have helped trigger the country's 2011 revolution, says a provocative new study.

The revolution has since evolved into a complex war that has killed at least 200,000 people, displaced millions and involved many countries. It has also led to the birth of the Islamic State, the brutal terrorist organization that controls vast areas of Syria and Iraq.

"We are not saying climate change caused the uprising," said Colin Kelley, a climatologist at the University of California, Santa Barbara, and lead author of the study. "What we are saying is that this multi-year drought was made more severe due to this long-term trend, and that led to this chain of events."

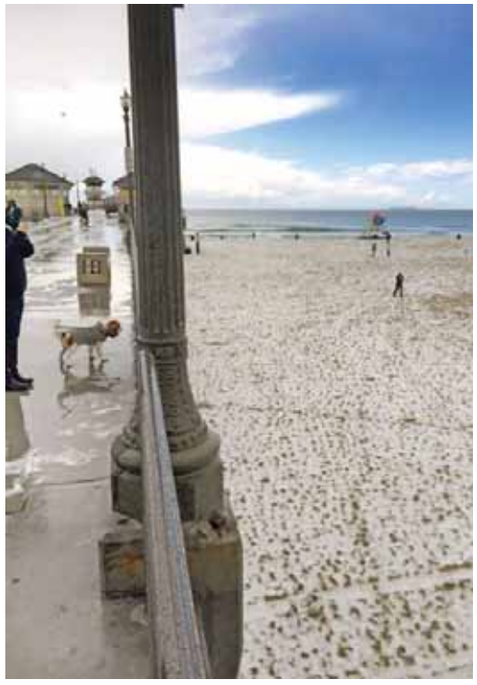
The study was published in the journal Proceedings of the National Academy of Sciences on Monday.

Researchers say the multi-year drought, the worst ever recorded in the region, wrecked agriculture in the breadbasket region of northern Syria, driving farmers and their families to cities where poverty and mismanagement by the Bashar Assad government was rampant. This migration came on the heels of more than 1.5 million Iraqi refugees fleeing war in their country and settling in Syria, pointed out Kelley.

"The urban population increased by 50 per cent in eight years. That is a tremendous strain on existing resources," he said. The uprising happened directly after that, he said.

Droughts have been a recurring phenomenon in the Mediterranean region, including substantial ones in the 1950s, 1980s and 1990s, but concern is rising that man-made climate change is intensifying their frequency and duration.

The area called the Fertile Crescent has undergone warming of 1 to 1.2 degrees Celsius and a 10 per cent reduction in wet-season precipitation since 1900, say researchers. This trend is in line with models of human-influenced global warming, said Kelley. The region is expected to get drier and hotter. TORSTAR NEWS SERVICE



Life's a beach in hail-hit Cali

Pedestrians on the Huntington Beach pier look at a beach covered with hail after a passing storm on Monday in Huntington Beach, Calif. The National Weather Service says at least an inch of icy pellets coated the sand at Huntington Beach after the system roared ashore Monday morning. VICTOR M BRAVO/THE ASSOCIATED PRESS

Los Angeles

Police shooting of homeless man caught on video

Police fatally shot a homeless man during a "brutal" videotaped struggle in which a rookie officer cried out that the man had hold of his gun before three other officers opened fire, the Los Angeles police chief said Monday.

It comes amid heightened attention to killings by police that have led to protests, some violent, across the United States. THE ASSOCIATED PRESS

Iraq

Military aims to recapture town from extremists

Backed by Iranian-supported Shiite militias, Iraqi forces launched a large-scale offensive Monday to retake Saddam Hussein's hometown from the Islamic State of Iraq and the Levant (ISIL) group, the first in a series of campaigns to try to reclaim large parts of northern Iraq from the Sunni extremists. Previous attempts to capture the symbolic city have failed, indicating a long battle lies ahead. THE ASSOCIATED PRESS

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Google takes to treetops

Google revealed images Monday taken by its Trekker device that shows what it's like to zip through trees in the Amazon jungle in South America. The images are the latest addition to the Google Maps Street View option. COURTESY GOOGLE/THE ASSOCIATED PRESS

Michael Jordan makes it onto billionaires list

Forbes. Investment in Charlotte Hornets lifted NBA Hall of Fame player onto annual list

Michael Jordan and two other NBA owners have joined Forbes' annual list of the world's billionaires.

Forbes released its list of billionaires on Monday and noted that Jordan's net worth is estimated at $1 billion US, thanks to his well-timed investment in the Charlotte Hornets.

Houston Rockets owner Leslie Alexander, with a net worth of $1.6 billion, and Chicago Bulls owner Jerry Reinsdorf, worth $1.3 billion, also made the list.

The net worth of NBA franchise values increased this past year after the sale of the Los Angeles Clippers to Steve Ballmer for $2 billion.

NBA legend Michael Jordan. GETTY IMAGES FILE

The 52-year-old Jordan, a Hall of Fame player who won six NBA championships with the Bulls, reached billionaire status last June, according to the magazine. This is his first year on Forbes' annual list, which is typically released in March. THE ASSOCIATED PRESS

The Top 10

1. Bill Gates, U.S.A. Net worth: $79.2 billion. Source of wealth: Technology company Microsoft Corp.
2. Carlos Slim Helu, Mexico. Net worth: $77.1 billion. Source of wealth: Telecommunications.
3. Warren Buffett, U.S.A. Net worth: $72.7 billion. Source of wealth: Investment holding company Berkshire Hathaway Inc.
4. Amancio Ortega, Spain. Net worth: $64.5 billion. Source of wealth: Retail chain Zara.
5. Larry Ellison, U.S.A. Net worth: $54.3 billion. Source of wealth: Technology company Oracle Corp.
6. Charles Koch (tie), U.S.A. Net worth: $42.9 billion. Source of wealth: Conglomerate Koch Industries.
6. David Koch (tie), U.S.A. Net worth: $42.9 billion. Source of wealth: Conglomerate Koch Industries.
8. Christy Walton, U.S.A. Net worth: $41.7 billion. Source of wealth: Retailer Wal-Mart Stores Inc.
9. Jim Walton, U.S.A. Net worth: $40.6 billion. Source of wealth: Retailer Wal-Mart Stores Inc.
10. Liliane Bettencourt, France. Net worth: $40.1 billion. Source of wealth: Cosmetics company L'Oreal.

SOURCE: FORBES

BEING A LONELY KID EVENTUALLY PAYS OFF.

People without any siblings are more likely to earn six figures than those with brothers or sisters.

THOUGHTS? TWEET US @WORKOPOLIS

For references, view the full article at workopolis.com

WORKOPOLIS

Let's get to work

Bell to fight Super Bowl ruling

Canadians may not get to watch those pricey American Super Bowl ads on Canadian TV channels after all, if Bell gets its way.

Canada's broadcast regulator issued a ban earlier this year on the so-called simultaneous substitution of Canadian advertising over U.S. ads during the NFL final.

But Bell Media called the decision unfair Monday as it filed a motion with the Federal Court of Appeal seeking leave to appeal, saying the Canadian Radio-television and Telecommunications Commission acted in error.

Simsub

$250M

It is estimated that simultaneous substitution pumps $250 million annually into Canada's broadcast system.

Bell claims the CRTC was wrong to single out Super Bowl ads for the ban while declaring simultaneous substitution, known as simsub, important to the broadcasting system.

Broadcasters have argued they need the simsub revenue generated by the ads to pay for the Canadian rights to air the Super Bowl.

The CRTC also banned simsub for specialty channels, which affects live sports programming on other networks, and warned it would impose penalties for mismatched ads that run over top of important points in the broadcasts.

The Super Bowl simsub decision directly affects only Bell in the immediate term because it holds the broadcasting rights to the game when the ban is to take effect in 2017. THE CANADIAN PRESS

Credit cards

Costco strikes deal with Citi, Visa

Costco says it struck a deal for Citi to be the exclusive issuer of its co-branded credit cards in the U.S., with Visa replacing American Express.

American Express said the relationship with Costco expires March 31, 2016. The deal with Visa takes effect the next day. Costco has been accepting MasterCards at its Canadian locations since Jan. 1. THE ASSOCIATED PRESS

Wireless networks

Google working on cellular services

Google vice-president Sundar Pichai says Google is working with network operators on developing a cellular plan that, he says, will be announced "in the coming months." Speaking at the Mobile World Congress wireless show in Barcelona, Pichai called the plan "a project" and insisted the Internet giant is not a threat to traditional service providers. THE ASSOCIATED PRESS

Market Minute

- **DOLLAR** 79.78¢ (- 0.20¢)
- **TSX** 15,264.05 (+29.71)
- **OIL** $49.59 US (- 17¢)
- **GOLD** $1,208.20 US (- $4.90)

Natural gas: $2.698 (- 3.6¢)
Dow Jones: 18,288.63 (+155.93)

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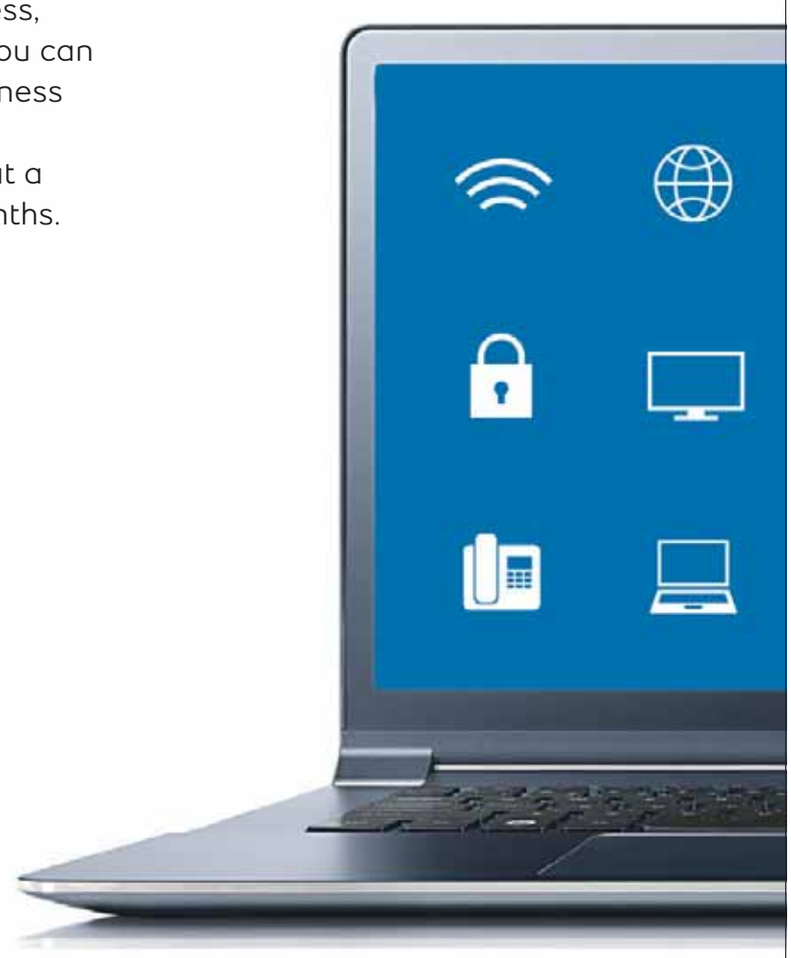

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VOICES

TRANSIT SYSTEM OR SOCIAL NETWORK?

Commuters on OC Transpo are much more outgoing than you might expect, Kathryn Hunt writes

YOUR RIDE
Kathryn Hunt

The capital has a reputation for being boring, a little introverted, or maybe just shy.

Do people on OC Transpo talk to each other or just hunker down and keep quiet? My editor asked me to spend a day on OC Transpo to answer this question and I found that Ottawa commuters are more outgoing than you might expect.

Shyroz and George had been talking for a couple of weeks before they got around to asking each other's names. They catch the bus at the same stop in the mornings and work in the same building, they said. Since they saw each other so frequently, they'd started talking.

As I walked up, they had just learned each other's names, and were trading stories about places they'd lived before and when each of them had moved to Ottawa.

A little further down the line, a woman was standing in the aisle, holding a pole with one hand and a magazine in the other.

She said her name was Alanna, and that she really enjoyed the time to herself on her half-hour ride to work, which she uses to catch up on reading. "I don't like reading on a screen," she said, "so it's usually The Economist."

Jumping on another bus, I met Elsa. She hates riding the bus, she said, but it's cheaper and easier than the car. She doesn't usually talk to anyone else in the mornings, preferring to keep to herself, although she usually rides home with a colleague.

"But my husband actually made a friend on the bus," she told me. "Actually, they went out for drinks together last week. They just hit it off, I guess."

DO YOU HAVE A TRANSIT IDEA?
Shoot us an email:
ottawa@metronews.ca

Most people agreed that the morning rush-hour ride is quieter and less chatty than the afternoon, and a lot of people had headphones in and seemed content to sit on their own.

But here and there, strangers did strike up conversations: A man came over to a woman with a suitcase indicating she was from Whitehorse, and made a joke about the cold weather.

And sometimes, as with Elsa's husband, random strangers can wind up friends. Science-fiction writer Marie Bilodeau told me about a friend she made on the bus: "Every weekday, this man would get off the bus at the same stop as me, so we'd always say hi. Then one day, at a science-fiction convention, an imposing Klingon stopped in front of me, pointed and said in a booming voice: 'You live on Craig Henry Drive.'" She was a little concerned, she said, that the Klingon Empire knew her address.

"Then he held out his hands and exclaimed: 'Bus buddy!'"

The two are still friends.

Kathryn Hunt @k8thek8 is a writer, editor of Centretown BUZZ, storyteller, poet, cycling blogger, rock climber, mysterious techno vixen (confirmed) and geek, not necessarily in that order. You can read her cycling blog at theincidentalcyclist.blogspot.ca.

Rob Uhrig (the Klingon) and Marie Bilodeau became interplanetary besties after meeting on the bus.
COURTESY MARIE BILODEAU

You can Meet a Muslim Family, but don't stop there

DEENA DOUARA
readers@metronews.ca

Ever wondered why Muslims don't eat pork? Dying to understand what "Allahu Akbar" really means? Well, thanks to a national campaign that launched Sunday, you can ask a real live Muslim near you these burning questions and more!

Ahmadiyya Muslims (a minority sect of Islam) will for the next couple weeks invite strangers into their homes to dispel misconceptions about Islam.

There are some obvious concerns with the Meet a Muslim Family campaign, encapsulated by this tweet: @ShebaSid: "I feel like the next step is a zoo full of Muslims. You can poke and prod us and coo at us. Throw us a piece of meat. #MeetAMuslimFamily #WTF"

As a Muslim myself, I can relate. But in the context of a country where many people — even in urban areas — find us no less exotic than wallabies (and considerably more violent), it's laudable that some in the community are being proactive.

Last week's outrageous incident of a Quebec judge refusing to hear a woman's case because she was wearing a head scarf demonstrates a need to educate the public on how the hijab, for example, is a bit different than sunglasses (and also not a sign of oppression — but that's for a different article).

In light of all the false information propagated by both critics of Islam and by the terrorists who've perverted it, if Muslims wish to organize campaigns or stunts that find them holding signs inviting passersby to meet or hug them, well, it's understandable.

However, a note of caution with these campaigns, illustrated with this anecdote:

In discussing a novel with a group of friends recently, I explained my shock at descriptions of Mennonite youth having sex, doing drugs and acting like "normal" rebellious teens. A friend interjected: "Oh no, they're not like that at all! I lived with one in university, and they are very strict and pure."

Hug me, I'm Muslim

In light of all the false information propagated by both critics of Islam and by the terrorists who've perverted it, if Muslims wish to organize campaigns or stunts that find them holding signs inviting passersby to meet or hug them, well, it's understandable.

My friend not only met a Mennonite, she lived with a Mennonite. And that is how she understands anything to do with them. The problem with Meet a Muslim Family is that no one person could possibly speak for a group that's composed of more than a billion and a half people worldwide. Some Muslim families pray together, others drink together. Some can take four hours explaining why we're meant to pray five times a day, others would say little more than, "It's one of the pillars."

While non-Muslims proactively seeking knowledge is noble, realistically, our communities cannot expect that. "Educate yourselves" is not a fair proposition. For better or worse, people develop impressions through those they know, and the onus is on Muslims to be open about their faith with neighbours and colleagues, mix in with other communities and be vocal in the face of false, misleading or offensive rhetoric.

So sure, go meet a Muslim. But what's better than knowing one Muslim is knowing more than one Muslim.

Deena Douara is a Toronto-based freelancer and communications consultant. @Deena_Do

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News flash: Cameron likes sex, hates Twitter

Newlywed Cameron Diaz has an exciting new workout routine for you to try, but just don't expect her to release a video for it. Diaz decided it was about time she took a firm position on the topic of sex.

"It's something healthy that we need to be doing for many different reasons," she tells Cosmopolitan. Also healthy? Exercise. "People say, 'My body rejects exercise.' No, it doesn't. Your mind rejects exercise." Whoa. Oh, and while she's imparting so much wisdom, Diaz also wants to talk about moderation.

"Well-being is an equation," she intones. "Remember, you don't have to have the whole cake, you can have a piece." So go ahead, eat that piece of cake.

But it's not all positivity and sunbeams in Diaz's latest treatise on the lives of the healthy. She also admits there are some things she doesn't like. For instance, Twitter.

"I think social media is a crazy-ass experiment on society," she says. "The way people use it to get validation from a bunch of strangers is dangerous. What's the point?" Says the woman on the cover of a magazine talking about her sex life.

What it takes to get Kanye to Oxford

Kanye West gave a lecture at Oxford University Monday because obviously, right?

He's all about the speeches these days. But what did it take for the Oxford Guild Business Society to get Yeezus at the lectern?

"Many hours negotiating against the odds," according to Guild chairman Abbas Kazmi. But was it worth it?

According to live-tweeting by students attending the event, totally. He offered some gems like, "Why I say the Matrix is like the Bible and what is my definition of the Matrix?" and "We have the ability to approach our race like ants, or we have the ability to approach our race like crabs." Oh, and: "Obama calls the home phone, by the way."

Students took to social media to share some of West's words of wisdom.

Taylor Swift ALL PHOTOS BY GETTY IMAGES

Gossip

NED EHRBAR

METRO'S TAKE ON THE WORLD OF CELEBRITIES

Baby helps Swift shake off Perry beef

Taylor Swift has a new job. Jamie King took to Instagram to announce that she'd nominated the Shake it Off singer to be the godmother of her second, yet-to-arrive child. "Taylor Swift will forever be watching over our new baby," King wrote. Swift herself posted a photo of communing with King's pregnant tummy.

And it's good that Swift has a new gig, since she's apparently shying away from her old job of feuding with Katy Perry. In a lengthy chat with the Telegraph, Swift vows not to mention Perry anymore, so stop bringing her up, OK?

"I'm not giving them anything to write about," she says when asked about Bad Blood, her song allegedly about Perry. "I'm never going to talk about her in my interview. It's not going to happen."

Fine, whatever. But she will talk about her love life. Or the lack thereof. "I'll probably still be single" at 30, she predicts. "Let's be honest. No one's going to sign up for this and everything that goes with it. 'Hi, nice to meet you, want a date? Do you love camera flashes? I hope you do!' I don't know what's going to happen if I'm ever content in a relationship — no idea how that's going to work. I don' t even know if that's possible with the life I have."

Chelsea's party gets out of Handler

Justin Bieber wasn't the only celebrity celebrating a big birthday recently. While he was down on a private island in the Caribbean — rather smartly, I might add — Chelsea Handler decided to throw her 40th birthday bash at her own home. And it did not end well. In fact, it ended with the cops shutting the whole shindig down. Handler's Bel Air neighbours reportedly lodged the noise complaints that attracted the police, sending her guests home early in the pouring rain. Some people just don't like fun.

Chelsea Handler

SCENE

Distribution

Finding the perfect music release day

SOUND CHECK
Alan Cross
scene@metronews.ca

Starting this summer, all new music will come out on Friday. Why? To get people into stores and buying online during the weekend.

When I started writing for Metro some 336 columns ago, my scribbles appeared on Fridays. The Almighty Editors believed since people were gearing up for the weekend that Fridays were the perfect time for music-related content. But then some time ago my column switched to Tuesday.

"Tuesdays are better," The Editors said. "In fact, we've made Tuesdays the paper's official music day. Makes sense, given that new music gets released on Tuesdays, right?"

Yeah. About that.

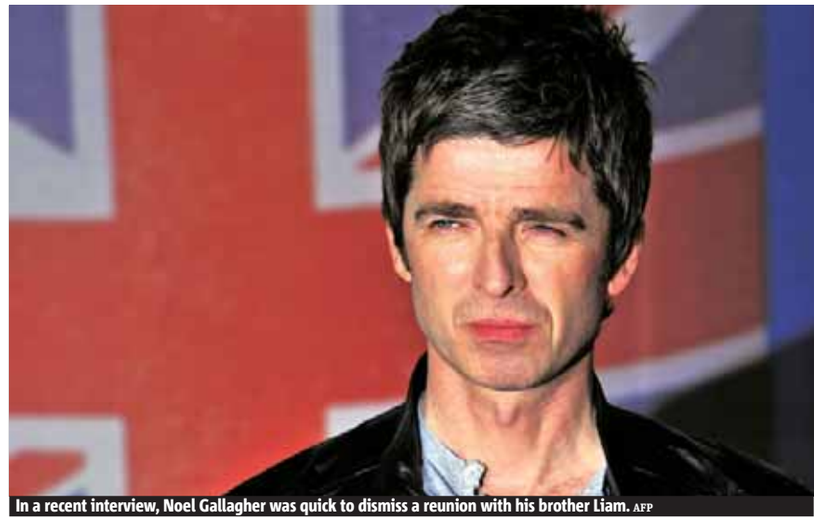
For years, the agreed-upon day for releasing new music was Tuesday, which was initiated to solve transportation and stocking issues. A common release day meant that a record could go on sale in Fort St. John, B.C., the same day it went on sale in downtown Toronto and on Sunset Boulevard. We thus became trained to expect new music on Tuesday.

This was very good for the industry. If everything came out on the same day, it was easier to compile sales charts. Marketing plans could be geared to specific dates with big weekend campaigns leading up to release day. Radio stations arranged their work weeks around Tuesday visits from record reps and music meetings on Wednesday or Thursday to determine what songs would be added to the playlist on Friday. However, there was a slight problem. The U.K. and Ireland insisted that Mondays were best for new releases. Japan preferred Wednesdays. And Sweden, Germany and Australia? It had to be Friday, mate.

Different release days were fine in the era of physical releases. But digital files are another matter. Release a song in the U.K. on Monday and it instantly zings into territories that don't yet legally have it on sale. North America gets a song a day earlier. Japan, two days earlier. Sweden, Germany and Australia a whole five days earlier. In an effort to co-ordinate everything from sales charts to rationalizing marketing plans to cutting down on piracy, the International Federation of the Photograph Industry (IFPI) opened a worldwide dialogue to hammer out a single global release day. And after much debate, they've decided that beginning this summer, all new music will come out on — ta-da! — Friday. Why? To get people into stores and buying online during the weekend, the biggest shopping period of the week.

Um, Mr. Editor, sir? Does that mean I'm going back to Friday?

The music industry has agreed on a single global release day — Friday. GETTY IMAGES



In a recent interview, Noel Gallagher was quick to dismiss a reunion with his brother Liam. AFP

Looking to the future by Chasing Yesterday

New album. Former Oasis man Noel Gallagher is loving life as a solo artist

Former Oasis star Noel Gallagher is putting his past behind him, releasing a new solo album, ruling out a reunion with his brother Liam and even being nice about one-time arch-rivals Blur.

Oasis split five years ago after nearly two decades of fractious sibling rivalry between guitarist Noel and his younger brother Liam, the band's frontman.

"I haven't seen him for about five months but we text quite a lot. It's usually him insulting me," laughs Gallagher, during an interview in London.

Liam's post-Oasis band Beady Eye recently broke up as well but he is quick to dismiss any suggestion of a reunion with his 42-year-old brother. "The answer is no," he says.

His new album Chasing Yesterday, his second since the band split, is released on March 2 and features his signature combination of layered guitars and elliptical lyrics.

The star is full of enthusiasm for the life of a solo artist. "It's more rewarding, it's more fulfilling. I like being in charge of everything," he says. "I just write songs and I collect the songs together and I make an album out of them."

Gallagher is now a 47-year-old family man with three children who is more likely to be found watching his beloved Manchester City than indulging a rock 'n' roll lifestyle.

His legendary bile towards musicians whose work he does not rate has not diminished with age. "Beyoncé, not for me. My wife loves her but she's got no taste. Katy Perry? Even my daughter hates her and she's 15. Sam Smith? Not for me," he says.

"Traditional rock stars are like wild animals — Mick Jagger or my brother," he adds.

"They don't give a f—. Modern rock stars, Alex Turner (of Arctic Monkeys) or Sergio from Kasabian, they do give a f—, they care about their hairstyle, they care about what they think."

He is more forgiving towards Oasis's old Britpop rivals Blur, who this month announced their first new album in 12 years, The Magic Whip.

"I think it will probably be very good if it in any way represents what Damon (Albarn, Blur's frontman) has been doing recently," Gallagher says.

AFP

Awards. YouTube celebrates big stars

Beyoncé, Big Sean, Drake and Ed Sheeran feature among the 50 artists who will be picking up an award from YouTube at a special online-only event scheduled for March 23.

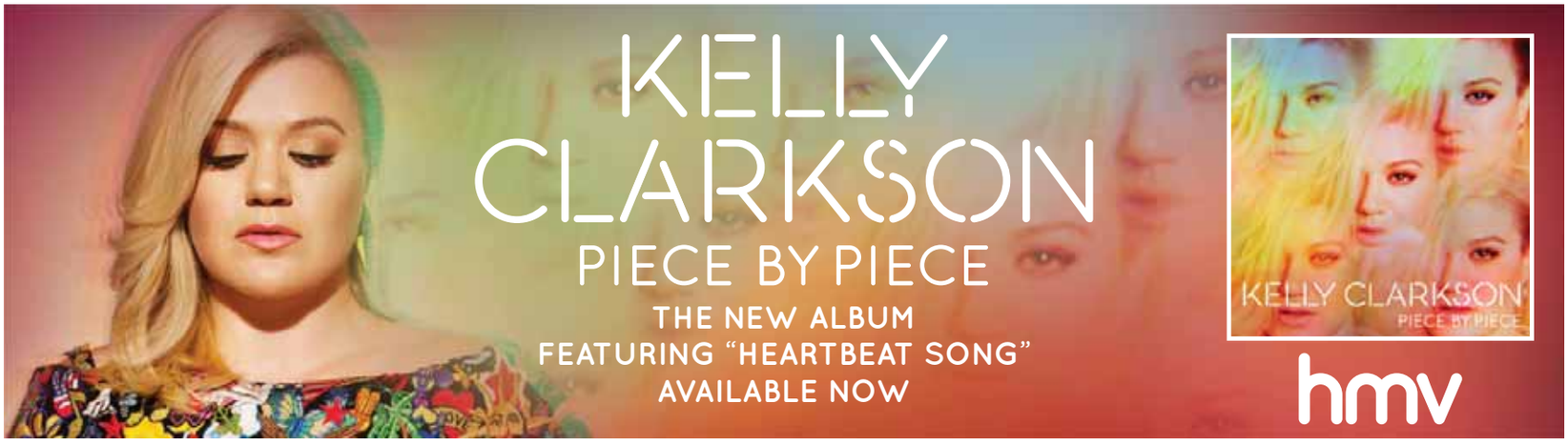
YouTube has not explained exactly how the artists were judged for winning their awards, other than to say that they "showed the biggest growth in view, subscribers and engagement over the last six months on YouTube."

Collectively, the artists, who also include Katy Perry, OK Go, One Direction, Snoop Dogg, Taylor Swift and Lady Gaga, have clocked up more than 47 billion views and boast 164 million subscribers since September.

To mark the achievement YouTube will be posting a huge collection of exclusive new content from emerging and established artists on March 23. The package is being produced by Vice and contributors included Cahoots, Charli XCX, Migos, Nicky Jam and Shamir.

As for the YouTube Music Awards 2015, it will be broadcast live on YouTube on its own dedicated channel. AFP

Big Sean, left, is one of the YouTube award winners. AFP



Fertility myths debunked

Trying to get pregnant? An expert sets the record straight on a few widespread misconceptions

EMILY LAURENCE
Metro in New York City

Educate yourself about fertility before you try to have a baby. ISTOCK

Whether you're trying to get pregnant now or you want to have kids in the far-off future, educating yourself about fertility can only help your case. "If you want a good outcome, you need to be thoughtful about what information out there can help you," says Dr. Jamie Grifo, director of the New York University Fertility Center and co-author of The Whole Life Fertility Plan. Here, he helps expose some myths surrounding fertility.

Myth #1: Being on the pill now will hurt your chances of getting pregnant later.

Dr. Grifo says this is a huge misconception people have for two reasons. The first is that it can take anywhere from three months to a year for a woman's menstrual cycle to get back to normal.

"It's harder initially (to conceive), but there's no measurable impact on fertility," Dr. Grifo says.

"Another reason for this myth is that a lot of women are on the pill until their late 30s and then have trouble getting pregnant," Dr. Grifo says. "But the pill has nothing to do with it. They'd have the same problem if they had never been on the pill. (It's really because) it's harder to get pregnant after a certain age."

Myth #2: You shouldn't think about fertility until you're absolutely ready to have a baby.

If you are a woman over 30, Dr. Grifo says you need to start thinking about if and when you want to be a mom now, when there are more options available to you.

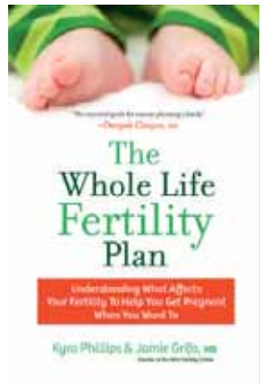
"It breaks my heart when a 44-year-old woman sits down in my office completely dumbfounded that she's having trouble getting pregnant," Dr. Grifo says.

Simply educating yourself about fertility is a good place to start. Then you can start weighing your options, such as if you want to freeze your eggs so you can be your own egg donor later, when you are ready to have a child, though there are several other options as well.

Myth #3: Drinking alcohol will hurt your chances of getting pregnant.

Good news — Dr. Grifo says having three or four glasses of wine a week isn't going to hurt your eggs. Things that may negatively impact your fertility include smoking and too much junk food.

"It's more about treating your body with respect and common sense," Dr. Grifo says, stressing the importance of eating a balanced diet rich in protein and healthy fats, as well as regularly exercising.



Over 30? Now is the time start thinking about pregnancy

"It breaks my heart when a 44-year-old woman sits down in my office completely dumbfounded that she's having trouble getting pregnant."

Dr. Jamie Grifo, co-author of The Whole Life Fertility Plan

Hearing

Your jam could be bad for your ears, WHO says

More than one billion young people risk damaging their hearing through listening to loud music, the World Health Organization (WHO) said on Friday.

The WHO estimates that around half of those between the ages of 12 and 35 in middle- and high-income countries are at risk due to unsafe levels of sound on personal audio devices or smartphones.

Another 40 per cent are at risk from damaging audio levels at concert venues and night clubs.

"More and more young people are exposed to unsafe levels of sounds. Young people should be aware that once you lose your hearing, it won't come back," said Shelley Chadha, a WHO specialist on hearing impairment.

To counter the risks, the WHO recommends personal audio devices not be used for more than an hour a day, and used at reduced sound levels.

The use of earplugs in loud conditions and regular checkups were part of the recommendations as well.

The WHO also wants governments to play a role by imposing strict regulations on noise in public places. AFP

Listen with care, says WHO. ISTOCK

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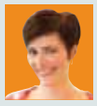
Healthy eating

Peachy keen on benefits of canned food



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Is canned food allowed back into your healthy gourmet kitchen?

As February was National Canned Food Month and this month is Nutrition Month, I see no reason why the two can't get along.

I already know that I love peaches. I have since I was six, and waiting 11 months for my fix isn't fair, so I do put canned peaches through their paces especially this time of year.

Canned peaches deliver a promising amount of nutrients that are actually enhanced by the canning process. Vitamin A, folate, lycopene and some antioxidants are made more bio-available by the heating and canning process. But the truly impressive nutrient is vitamin E.

Vitamin E is a fat-soluble, anti-inflammatory, anti-aging nutrient that is usually associated with nuts and seeds. And while those little nuggets are great for you, a small handful is all you can eat each day because of their caloric punch. Fruit sources, on the other hand, can be layered in without worry and consumed in satisfyingly high amounts.

There is even support that the canning process actually enhances the eye-protecting nutrients of leutin and zeaxanthan, and we know lycopene (present in high amounts in peaches), which helps prevent prostate cancer, benefits from the heating of tomatoes into sauce.

Some of the other canned food I always have on hand includes:

- Evaporated milk for coffee, hot chocolate and smoothies. It has all the creaminess, and twice the amount of calcium and protein, but none of the fat in cream.
- Low-sodium chicken broth for quick soups.
- Refried beans for quick burritos or nachos.
- Clams for stirring into pasta with garlic and Parmesan cheese.

There's no need to wait for fresh peach season when canned peaches pack such a nutrient-rich punch. ISTOCK

This recipe serves four. TERESA ALBERT

Peaches get saucy with pork

30 minutes to dinner.
Peach sauce turns a curried pork tenderloin into a sweet surprise

Ingredients

- 1 -1.5 pound pork tenderloin cut into 4 equal pieces
- 1 tbsp curry powder
- 1 tsp chili powder
- 2 cloves garlic, minced and divided
- 1 tbsp extra virgin olive oil
- 1 can clingstone peach slices, juice reserved
- 1 cup sweet white wine
- 1/2 cup apple cider vinegar
- Pea shoots for garnish, optional

Directions

1. Place pork tenderloin in a large freezer bag, combine curry and chili powders, one clove of garlic and olive oil and rub well. Set aside on counter for a few minutes or place in fridge to marinate for up to 24 hours.

2. In a small pot, combine juice from clingstone peaches (but set aside peaches themselves until later), wine, vinegar and remaining garlic. Bring to a boil and simmer to reduce into a sauce for 10-20 minutes. Stir in peaches and keep warm until pork is cooked.

3. Empty pork into a casserole dish and bake at 400 F for 20 minutes until cooked through to 130 F. Add peach sauce and cook for 5-10 more minutes. Garnish with pea shoots or other herb greens.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Roasted pork tenderloin gets its tang from zested lemons

Serve this lemon-pepper roasted pork tenderloin with a side of roasted new potatoes.

Toss them with olive oil, smoked paprika, salt and pepper, then roast at the same temperature as the pork for 20 minutes, or until tender.

You can even roast them on the same baking sheet. Just arrange the potatoes on one half, roast for about 5 minutes, then add the pork to the other half of the pan and continue roasting.

Just before serving the potatoes, squeeze a little of the lemon juice over them at the same time as you do the pork.

Directions

1. Heat the oven to 425 F. Line a rimmed baking sheet with foil.

2. In a small bowl, mix together the lemon zest, salt, thyme, garlic powder and black pepper.

3. Drizzle the olive oil over the pork tenderloin, then rub to coat evenly.

4. Sprinkle the lemon zest mixture evenly over all sides of the tenderloin.

5. Set the pork on the prepared baking sheet, then roast for 15 minutes, or until it reaches 145 F at the centre.

6. Transfer to a cutting board and let rest for 5 minutes, then slice into 1/2-inch-thick slices.

7. Squeeze the lemons over the sliced pork and serve immediately.

This recipe serves four. THE ASSOCIATED PRESS

Ingredients

- 2 lemons, zested
- 1 1/2 teaspoons kosher salt
- 1 teaspoon dried thyme
- 1 teaspoon garlic powder
- 1/2 teaspoon ground black pepper
- 1 tablespoon olive oil
- 1 1/2-pound pork tenderloin

Contenders all active before trade deadline

NHL. Teams jockey for position in wide-open playoff picture

NHL general managers usually like their teams by this point in the season. Some love their teams.

This trade deadline wasn't made for that line of thinking. With no clear-cut Stanley Cup front-runner and a wide-open playoff picture, every team in the post-season race made at least one significant move within the past week.

Deadline day was short on big names but not on meaningful activity. The Montreal Canadiens added Edmonton Oilers defenceman Jeff Petry and Buffalo Sabres forwards Brian Flynn and Torrey Mitchell to make a run in a wide-open Eastern Conference, and the St. Louis Blues got Arizona Coyotes defenceman Zbynek Michalek and Toronto Maple Leafs centre Olli Jokinen to try to get through the brutal West.

"The West is as tough as it ever was," Jets general manager Kevin Cheveldayoff told reporters in Winnipeg.

Days after the Pacific Division-rival Los Angeles Kings got defenceman Andrej Sekera, the Anaheim Ducks acquired James Wisniewski from the Columbus Blue Jackets and Korbinan Holzer from the Leafs to stack their blueline.

Though deadline day was short on big names, traded players such as defenceman Jeff Petry could provide big gains for their new teams. GETTY IMAGES FILE

No team within six points of a playoff spot stood pat. Some in the hunt like the Calgary Flames and San Jose Sharks sold with an eye on contending in the future.

Calgary didn't want to mortgage that, especially with the news that captain Mark Giordano is out for the remainder of the season with a torn biceps tendon. The Flames sit in a playoff spot but wouldn't have been able to replace the Norris Trophy candidate.

The Tampa Bay Lightning got the trading going after midnight when they sent first- and third-round picks to the Philadelphia Flyers for defenceman Braydon Coburn and dealt forward Brett Connolly to the Boston Bruins for two second-round picks. General manager Steve Yzerman said his No. 1 goal was to improve defensively and believes getting Coburn gives the Lightning "a better chance to win in the playoffs."

Their chief competition in the Atlantic Division answered later.

Montreal gave up a second-round pick and a conditional fifth to rent Petry for the rest of this season and the playoffs, then strengthened its forward depth by getting Flynn and Mitchell in separate trades.

THE CANADIAN PRESS

Quoted

"It's hard to sit back and do nothing when people are trying to do something."

Capitals general manager Brian MacLellan, who acquired Curtis Glencross from the Flames on Sunday

Busy deadline day

19

In total, 19 teams made at least one trade involving an NHL player on deadline day. Twenty draft picks changed hands, too, including one first-rounder.

Monday movement

Minnesota **F J.Knight**	Boston **F Z.Phillips**	
Anaheim **F M.Sgarbossa**	Colorado **D M. Clark**	
Anaheim **F K.Holzer**	Toronto **D E.Brewer** **2016 5th rounder**	
Anaheim **D J.Wisniewski** **2015 3rd rounder**	Columbus **F R.Bourque** **F W.Karlsson** **2015 2nd rounder**	
Boston **F M.Talbot** **F P.Carey**	Colorado **F J.Caron** **2016 6th rounder**	
Vancouver **F S.Baertschi**	Calgary **2015 2nd rounder**	
Minnesota **F C.Stewart**	Buffalo **2017 2nd rounder**	
Pittsburgh **D B.Lovejoy**	Anaheim **D S.Despres**	
Montreal **F T.Mitchell**	Buffalo **F J.Nevins** **2016 7th rounder**	
St. Louis **F O.Jokinen**	Toronto **F J.Lindstrom** **2016 6th rounder**	
Arizona **G D.Leggio**	N.Y. Islanders **F M.Louis**	
Minnesota **D J.Leopold**	Columbus **D J.Falk** **2015 5th rounder**	
Vancouver **F C.Conacher**	N.Y. Islanders **F D.Jeffrey**	
N.Y. Islanders **G M.Neuvirth**	Buffalo **G C.Johnson** **2015 3rd rounder**	
Colorado **F F.Hamilton**	San Jose **D K.Stollery**	
Pittsburgh **D I.Cole**	St. Louis **D R.Bortuzzo** **2016 7th rounder**	
N.Y. Islanders **F T.Kennedy**	San Jose **2016 3rd rounder**	
Detroit **D M.Zidlicky**	New Jersey **2016 3rd rounder**	
Montreal **F B.Flynn**	Buffalo **2016 5th rounder**	
San Jose **F B.Smith** **2017 7th rounder**	Chicago **F A.Desjardins**	
St. Louis **D Z.Michalek** **2015 3rd rounder**	Arizona **F M.Letunov**	
Montreal **D J.Petry**	Edmonton **2015 2nd rounder** **2015 5th rounder**	
Tampa Bay **D B.Coburn**	Philadelphia **D R.Gudas** **2015 1st rounder** **2015 3rd rounder**	
Boston **F B.Connolly**	Tampa Bay **2015 2nd rounder** **2016 2nd rounder**	

Hawks let benchwarmers soar

NBA. Atlanta defeats Miami after showing starters the bench

John Jenkins insists he wasn't surprised when the Atlanta Hawks earned their latest win on the road without three starters and a top backup.

Saturday night's 93-91 win at Miami was perhaps the most impressive demonstration of the Hawks' depth this season. All-star centre Al Horford stayed home with his wife and newborn son. Starters Jeff Teague and DeMarre Carroll and top backup Pero Antic were rested.

It was show time for players who often aren't included in coach Mike Budenholzer's rotation.

Jenkins, who reached 20 minutes for only the third time this season, had 12 points and set a career high with seven rebounds.

Forward Mike Muscala matched his career high with four blocks.

Dennis Schroder, who normally plays behind Teague, had a double-double with 16 points and 10 assists. Kent Bazemore started for Carroll and had 15 points, his second-highest total of the season. Elton Brand had eight points and seven rebounds in his first start of the season.

Jenkins pointed to players getting in extra work after Monday's practice as the reason he expected the bench players to have success.

"I see it every day," he said.

The depth has helped the Hawks, who play Houston on Tuesday night, lead the Eastern Conference by 10 games. They've stretched the lead by 3 1/2 games since the all-star break.

It's one thing to have his backups ready for prominent roles. It's another challenge to have starters who are willing to take a night off without disrupting team chemistry.

Budenholzer acknowledged some starters aren't thrilled when asked to sit out a game. He said players know the goals are to be healthy and rested for the playoffs — and to keep all players on the roster sharp.

"Each circumstance is unique," Budenholzer said after Monday's practice.

"I think our players are understanding and better trusting and know that hopefully we're doing something that's good for the team and good for them individually and gives their teammates opportunities. There are just a lot of good things that can come from it, and I think they're better at understanding that."

Horford's day off came less than a week after his wife, Amelia, gave birth to the couple's first child, a boy named Ean.

"You appreciate that coming from your head coach," Horford said. "We work really hard and I feel like he acknowledges that."

THE ASSOCIATED PRESS

Quoted

"It's a dangerous team when you've got all 15 guys who can play."

John Jenkins, substitute shooting guard for the Atlanta Hawks

The Hawks swarm Heat forward Hassan Whiteside during Saturday night's win at American Airlines Arena in Miami.

MIKE EHRMANN/GETTY IMAGES

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NHL

Vikings, Peterson in talks

Minnesota Vikings general manager Rick Spielman said Monday the organization has had "open dialogue" with star running back Adrian Peterson since the NFL tabled his suspension and returned him to the special exempt list. That's where Peterson spent much of the 2014 season, essentially paid leave, while the child abuse case he was involved in played out in court.

THE ASSOCIATED PRESS

Boxing

Bout needs no promotion

The fight is so big, Manny Pacquiao and Floyd Mayweather Jr. won't be spending much time promoting it.

The two boxers will get together March 11 in Los Angeles for the only press conference before the week of the fight, organizers said Monday. They won't meet again until the final press conference at the MGM Grand in the days before the May 2 mega fight.

THE ASSOCIATED PRESS

MLB pre-season. Dickey knuckleball no picnic

Ask Russell Martin what it's like to corral a R.A. Dickey knuckleball and the Blue Jays catcher pauses briefly, trying to capture the experience.

"Have you ever tried to catch a butterfly as it's floating around in the air?" he responded.

"I wish I could put a camera on my mask or something for people to see exactly what the ball's doing," he added. "It's pretty impressive."

Martin got his first in-game experience with the Dickey floater Monday, albeit for just one inning of a low-key intra-squad game.

Dickey issued a walk and Martin had two balls dribble out of his glove, but at no cost. That earned the Canadian catcher a positive review from Toronto manager John Gibbons.

"He's got as good hands as anybody in baseball," Gibbons said of Martin. "That's one of the reasons he's here. It just looked almost effortless."

Martin, a Toronto native who grew up in Chelsea, Que., wants to catch Dickey so he can see as much action as possible. The Jays want their $82-million US catcher on the field to take advantage of his bat and game management.

R.A. Dickey throws to Russell Martin at Blue Jays spring training on Monday in Dunedin, Fla.

NATHAN DENETTE/THE CANADIAN PRESS

Martin said the key to catching the knuckler is focus, tracking the ball as it comes to him. It's hard work but doable.

"As long as Dickey's comfortable out there on the mound, that's what most important," he said. "Hopefully he's OK with the way I'm handling it right now."

Dickey did not speak to the media after the game. But he has praised Martin's athleticism and willingness to learn the pitch.

For the record, the Grey team beat the Blue squad 1-0 on Mitch Nay's fifth-inning homer off left-hander Juan Oramas. Nay is a non-roster invitee, a 21-year-old third baseman who played Class-A ball last year. THE CANADIAN PRESS

AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
With luck planet Jupiter so strong in your chart this has to be one of the best times of the year for you. No matter how many occasions you have failed in the past you will succeed now.

♉ Taurus
April 21 - May 21
Don't listen to your own doubts and fears today because they will cloud your mind and prevent you from reaching your true potential.

♊ Gemini
May 22 - June 21
You will make an important decision today, quite possibly the single most important decision you will make for months to come.

♋ Cancer
June 22 - July 23
If anyone tries to push you around or force you in a direction you don't want to go they will soon learn the error of their ways. You are in no mood to take nonsense.

♌ Leo
July 24 - Aug. 23
You will go your own way today, and the more others try to persuade you to cautious the more risks you are likely to take.

♍ Virgo
Aug. 24 - Sept. 23
The more you try to break free of restrictions the more they seem to hold you back. Make an extra special effort to regain your independence.

♎ Libra
Sept. 24 - Oct. 23
You won't hesitate to get involved in some kind of dispute today, even if it has nothing to do with you. Just make sure you know your facts.

♏ Scorpio
Oct. 24 - Nov. 22
If you feel the need to change the way you do things now is the time to be a bit more adventurous and try out new methods and routines.

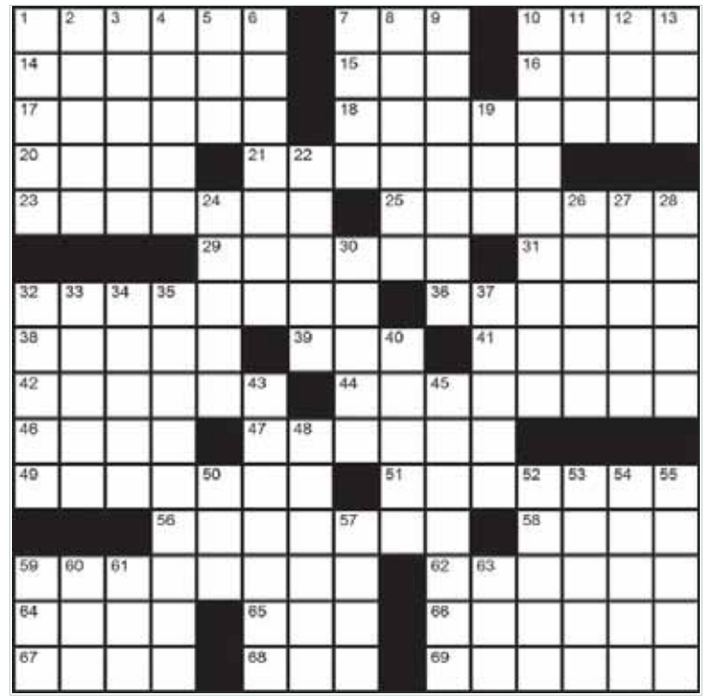
♐ Sagittarius
Nov. 23 - Dec. 21
No matter how many barriers or obstacles you have to deal with today you will overcome them all with ease. It's not often it's as good as this, so make the most of it and do something special.

♑ Capricorn
Dec. 22 - Jan. 20
Some kind of upheaval will take place today. However, this particular upheaval comes with an opportunity attached. You could make some money.

♒ Aquarius
Jan. 21 - Feb. 19
Someone wants to repay you for all the kindness you have shown. It will make them feel good to do you a favour.

♓ Pisces
Feb. 20 - March 20
You know what you want and you know how to get it and anyone who stands in your way won't be standing for long. Every now and again you go right the other way and just take what you desire.

Crossword: Canada Across and Down by Kelly Ann Buchanan



Across

1. Muscle cramps
7. Male swan
10. Yukon village near the Alaska border
14. Quieten: 2 wds.
15. Mr. Vigoda
16. Exterior tap connection
17. Amusement gallery
18. "__ __ Door" (Canadian children's show)
20. Tilt
21. Of superior quality
23. From one side only in law: 2 wds.
25. Mould makers
29. Decorative
31. Verifiable
32. Ones who rudely make their way through crowds
36. Lion, when communicating
38. Outlandish
39. "Sure."
41. LED = Light-Emitting __
42. Abrupt arrival
44. Heeled hero
46. Pond guck
47. Stellar
49. Artist's 'eggy' painting
51. Logging-on names, e.g.: 2 wds.
56. Idina Menzel's role in Broadway musical Wicked
58. Send forth
59. Big quantity
62. Cheap
64. Press
65. Hour: Italian
66. Halifax singer, Rich __: His current album is called 'Ephemeral'
67. Ski lift
68. Hippy-protested war
69. "The Apprenticeship of Duddy Kravitz" (1974) character

Down

1. Sedimentary rock
2. Laundry detergent brand
3. Guild for songwriters, e.g.
4. First two syllables of Woodstock's doo-wop group
5. Earth-turned-wet
6. Phantom
7. Organized†crime boss
8. Orchestra member
9. Hudson Bay archipelago, __ Islands
10. __-__ Aviation (Corporate air charter provider in Saskatchewan)
11. Fall asleep, with Off
12. Mount __ (Volcano of Japan)
13. Become
19. Particular parrot
22. British actor Mr. Cavill
24. Theatrical gigs
26. Mr. Flynn
27. Montreal: Mountain Street = __ __ la Montagne
28. Parched periods
30. "Why don't you take _ __?" (There are chairs everywhere)
32. Beam
33. Weight amount
34. Play the ukulele
35. Alberta: Grande Prairie's bird symbol, __ Swan
37. Swan Lake character
40. Exfoliating facial cleanser
43. Sea hunter's weapon
45. Can give input to the decision: 3 wds.
48. Northern Africa expanse
50. Building wing
52. Treat the sprain once more
53. "__ __ in Love" by 10cc
54. 7, 8, or 9
55. Songwriting team, Cahn-__
57. Eve's beau
59. Objectionable word
60. Royal symbol
61. Toronto attraction, __ Khan Museum
63. Phone's 8 letters

Yesterday's Crossword

Online

See today's answers at metronews.ca/answers

Conceptis Sudoku by Dave Green

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

4	3	6	1	5	7	9	8	2
7	5	1	2	8	9	4	3	6
2	9	8	4	3	6	1	7	5
9	6	2	7	1	4	8	5	3
5	7	4	3	9	8	6	2	1
8	1	3	6	2	5	7	9	4
1	4	5	9	7	3	2	6	8
6	8	7	5	4	2	3	1	9
3	2	9	8	6	1	5	4	7

	2	1			5			
6		4	2	8				
9	3			4		7		
	4		8					1
	6	8		7		2	4	
7					6		9	
		3		6			5	8
				3	4	1		6
			5			9	3	

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